



COON RAPIDS SENIOR SERVICES

Voice of Experience

SEPT/OCT 2016



RIVER CITY FUN

THURSDAY, SEPTEMBER 29 - 1:30 P.M.

**Film "REBIRTH" by Friends of the Mississippi
Entertainment by Singer-Songwriter Larry Long**

Did you know we have a National Park right in our backyard? The Mississippi National River and Recreation Area protects a 72-mile corridor along the Mississippi River from the cities of Dayton/Ramsey to Hastings, including Coon Rapids! This is the only national park dedicated exclusively to the Mississippi River.

Doors open at 1:00 and the program begins at 1:30 with the film "REBIRTH". Enjoy the stunning scenery and the dramatic backstory of this national treasure in our midst. Presented by Friends of the Mississippi River, an organization formed to protect, restore and enhance the river. Their Director, Whitney Clark, will speak about the film and have time for questions and answers.

Then sit back and enjoy entertainment by Larry Long, a musician, a story teller, and an activist. His love for the river includes his leadership of a decade long campaign to clean up the river. His music has a style that combines Woody Guthrie, Pete Seeger, gospel, folk and blues.

Keeping with our river-theme, this event is sponsored by River North Senior Apartments (the new senior apartments being built by the Coon Rapids Ice Center.) Cost of the event is \$8.00 and includes dessert, too. **Registration begins immediately.** Space is limited. Payment deadline is Thursday, September 22. Doors open at 1:00 p.m. Held at the Coon Rapids Senior Center. Call (763) 767-6473 to register.

CONCERT AT THE SENIOR CENTER

RED & FRIENDS

THURSDAY, SEPTEMBER 22

**See Back Cover For
All The Details!**

17th ANNUAL

SENIOR SAFETY CAMP WITH KSTP'S KEN BARLOW

WEDNESDAY, SEPTEMBER 14—9:30-2:30

Join us for a day packed with education and fun! This year's keynote speaker is KSTP Meteorologist Ken Barlow. He will discuss mental health issues and his own personal struggle with a bipolar disorder. This event also includes other presenters and an expo. A continental breakfast will be provided upon your arrival and is sponsored by Mary T., Inc. At noon, we'll enjoy Lasagna, Caesar Salad and Bread (by Lisa's Catering). An afternoon Root Beer Float will be provided by Klein Bank. Thanks to community donations, this event costs only \$6.00. Payment must be made by Wednesday, September 7. **Registration begins immediately!** Participants are required to attend the entire event. Doors open at 8:30 a.m. Safety Camp is hosted by the Coon Rapids Fire and Police Departments and Senior Services.



MARK YOUR CALENDARS!

**The Senior Center will be closed
Monday, September 5
for the Labor Day Holiday.**

DAY TRIPS

FUN IN FARIBAULT

FRIDAY, SEPTEMBER 23

Our first stop is the Rice County Museum of History which houses historical displays and an exhibit area. The museum displays Main Street U.S.A., which is a timeline of businesses found in many small towns of Southern Minnesota, along with many exhibits and three historic pioneer buildings. We will have lunch at The Depot with a choice of 1) Meatloaf, 2) Walleye Fillet (Both meals include mashed potatoes, gravy, corn) 3) Craisin Salad with Romaine lettuce, walnuts, grilled chicken breast, blue cheese. (**Indicate meal selection at sign-up**). Also includes ice tea, coffee and brownie. The last stop is the Faribault Woolen Mills. Sit down and watch a video about the mill and then take a 45-minute walking tour to see the hands-on work in progress. Here, fifth generation craftspeople take raw wool and create blankets, throws, scarves and accessories of remarkable comfort and quality. (There will be time to shop in their store).

Sign Up: Begins at 9:00 a.m. Thur. Sept. 1

Cost: \$48

Bus: Depart at 7:45 a.m./Return at 5:30 p.m.

Payment Deadline: Thursday, September 8

CALL (763) 767-6473

PLYMOUTH PLAYHOUSE

RISE UP, O MEN

THURSDAY, OCTOBER 6

You've met the ladies, now meet the men! Sixth in the Church Basement Ladies series, *Rise Up, O Men* is a brand new musical comedy featuring the men of the church and your favorite church basement ladies. As these hard-working farmers discuss their scrap lumber piles and benefits of weld vs solder, they unintentionally disrupt the order of the kitchen. But that's what happens when you let the roosters in the hen house! Our day starts with dinner at the Green Mill Restaurant (in the same building) and, in keeping with the church basement spirit, the buffet will include Tater Tot Hotdish, Macaroni & Cheese, Garden Salad, Jello, Assorted Bars, Coffee & Iced Tea. Then move to the theater, sit back and enjoy the show. Two buses and excellent seats.

Sign Up: Begins at 9:00 a.m. Thur. Sept. 1

Cost: \$55

Bus: Depart at 11:00/Return at 4:30

Payment Deadline: Thursday, September 8

BARN QUILTS, ARBORETUM & MORE

FRIDAY, OCTOBER 7

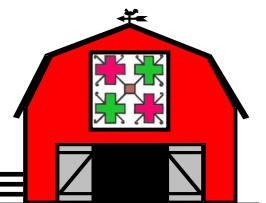
This trip was so well received last year, that we are offering part two! Join us as we travel to Carver County, where our step-on guide Janet will tell us stories that combine history, barns, quilts and farms. We'll see several "barn quilts" which are wooden panels hung on the exterior walls of historic barns. You'll marvel at these works of art and the stories behind them. We'll also enjoy a box lunch at the beautiful Minnesota Landscape Arboretum. You'll have some time to walk the grounds and visit the gift shop, too! Another stop will be the Apple Barn Gift Shop & Winery. About 96% of this trip will be new this year! By the end of the day, you'll have a warm place in your heart for all things country!

Sign Up: Begins at 9:00 a.m. Thur. Sept. 1

Cost: \$45

Bus: Depart at 8:00 a.m./Return at 4:00 p.m.

Payment Deadline: Friday, September 23



HISTORY THEATER TEEN IDOL "THE BOBBY VEE STORY" THURSDAY, OCTOBER 13

1959. Fifteen-year old Bobby Velline performed at the Winter Dance Party in Moorhead, Minnesota, just days after the plane crash that took the lives of Buddy Holly, Ritchie Valens and the Big Bopper. Within a year, Carole King would write his #1 hit, *Take Good Care of My Baby*. As a Teen Idol, he would appear on American Bandstand with Dick Clark, make teen movies and thrill audiences for more than a decade with Top 40 hits. Follow this musical journey that features Little Anthony and The Imperials, Ronny & the Ronettes, Dion and Del Shannon. Lunch afterwards is at Cherokee Sirloin Room in West St. Paul which includes a 5oz. steak, salad, baked potato, dessert, coffee, tea, milk or soda.



Sign up: Begins 9:00 a.m., on Thursday, Sept 1
Cost: \$61.00
Payment Deadline: Tuesday, September 6
Bus: Departs at 8:45/Return 3:30 p.m.

VIKINGS STADIUM TOUR WEDNESDAY, OCTOBER 19

Take a 90-minute walking tour of U.S. Bank Stadium and get a behind-the-scenes look at clubs and suites, the press box and the Minnesota Vikings Locker Room. Tour guides lead the exploration of the stadium, sharing facts and figures that highlight the Nordic-inspired architectural features, roof structure and the signature glass pivoting doors. After the tour, visit the gift shop. Have a light luncheon at the Hen House Eatery which includes soup, chicken salad sandwich or corned beef and Swiss sandwich, beverage and a cookie or bar. Please note that this tour includes extensive walking.

Sign Up: Begins at 9:00 a.m. Thursday, Sept 1
Bus: Departs at 9:00 a.m./Return 2:45 p.m.
Cost: \$63.00
Payment Deadline: Friday, September 30

GERITOL FROLICS FRIDAY, OCTOBER 28

We'll take an autumn drive to Brainerd, where our day starts out with lunch at the Black Bear Lodge. You'll love the north woods atmosphere in this authentic log restaurant. Our meal includes Meatloaf, Mashed Potatoes, Gravy, Vegi, Roll, Beverage and Chef's Choice Dessert. Then we'll head to the Franklin Arts Center to see the Geritol Frolics! This show is performed by talented seniors and, by the end, you'll be a believer in their slogan: "You're as young as you act, you're as young as you feel." This trip is traditionally one of our favorites!

Sign Up: Begins at 9:00 a.m. Thurs, Sept 1
Cost: \$58.00
Bus: Departs at 10:15 a.m./Return 6:30 p.m.
Payment Deadline: Friday, September 30

PARAMOUNT THEATER

THURSDAY, NOVEMBER 10

Triple Espresso tells the story of three guys whose bid for showbiz fame and fortune ended in 4-minutes of magnificent failure on national television. Hugh Butternut, Buzz Maxwell, and Bobby Bean tell their rags-to-riches story earnestly, with hysterical results. Butternut is a musician, a vulnerable soul with a lounge lizard smile; Maxwell is an uncertain magician with an attitude; and Bean is an irrepressible, all-over-the-map entertainer with big dreams. The laughter is infectious and the comedy appeals to everyone at any age. Lunch will be the first stop at the Coyote Moon Grill in St. Cloud. The buffet includes four hot entrees, homemade salad bar and soup, fresh popovers, cookie and coffee.

Sign Up: Begins at 9:00 a.m. Thurs, Sept 1
Cost: \$56.00
Bus: Departs at 10:00 a.m./Return 5:15 p.m.
Payment Deadline: Monday, October 10

CASINO TRIPS

Register in person or via phone at (763) 767-6473. Sign up begins immediately. Payment due one week in advance.

DIAMOND JO'S CASINO

MONDAY, SEPTEMBER 19

This casino is one exit south of the Iowa border. Cost of \$25.00 includes \$20.00 back on your card, games, bus and host from Casino Get-Aways. Depart at 9:00 a.m. Return at 6:00 p.m.

HO-CHUNK CASINO

WEDNESDAY, OCTOBER 5

Cost of \$30.00 includes \$25.00 back on your card, snack, games, bus and host from Casino Get-Aways. Depart at 9:00 a.m. and return at 6:00 p.m.

ATTENTION:

Please note that ALL casinos require your casino card number in advance. If you do not have a card, please provide us with your date of birth and address. Then the casino will have a card ready for you upon your arrival. Casino trips are subject to change. Thank you for your cooperation.



RESTAURANT CLUBS

BREAKFAST BUNCH FRIDAY, SEPTEMBER 9

Join us at the Fridley's Perkins for breakfast. The bus will pick you up and drop you off at your home for a donation of \$2.00. Or you can meet the group by **8:30** at the restaurant located at 7520 University Ave. Please indicate your transportation preference at the time of registration. The meal, tax and gratuity are paid for on your own. **Sign up begins immediately.**



OUT TO DINNER MONDAY, OCTOBER 24

Enjoy a night out at The Rose Garden in Blaine. The bus will pick you up and drop you off for a donation of \$2.00. Or you can meet the group by **4:30** at the restaurant located at 10565 University Ave. Indicate your transportation preference at the time of registration. The meal, tax and gratuity are paid for on your own. **Sign up begins immediately.** **NOTE:** It is important that you sign up with the senior center (even if you drive on your own) so we can let the restaurant know how many spots to set up.

OVERNIGHT TRIP

JACKPOT JUNCTION CASINO

THURSDAY, OCTOBER 20—FRIDAY, OCTOBER 21

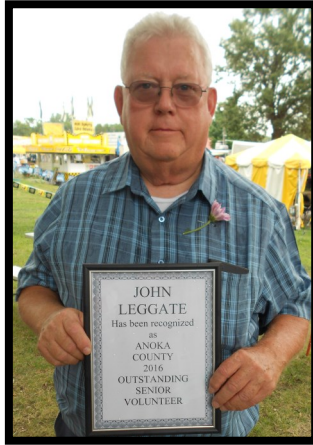
We're hooking up with Casino Get-Aways for an overnight trip to Jackpot Junction Casino in Morton, Minnesota. Motor coach departs the Coon Rapids Senior Center at 9:00 a.m., on Thursday, October 20. Snack on the bus. Sorry no coffee. We'll arrive

at the casino at approximately 11:00 a.m. and enjoy a few hours of gaming before checking into the rooms at 4:00 p.m. You will enjoy accommodations at the Lower Sioux Lodge (connected to the casino), complete with an indoor heated pool and spa! We'll depart the casino on Friday, October 21 at 1:00 p.m. and arrive back in Coon Rapids around 4:00 p.m. The price is \$55.00 per person (for double or triple occupancy) or \$80.00 per person (for a single room). In return, each person will receive \$50.00 back on their player's card. **Payment deadline is Friday, September 23.** Remember, this trip is subsidized by the casino and you are required to do some gambling. Payment checks can be written to Coon Rapids Senior Services. Cancellation refunds after the payment deadline can only be made if a replacement is found to take your place. When you register, the casino requires that you provide your name, address, date of birth, roommate(s), room smoking preference and your casino card number (if you have one). The escort is from Casino Getaway & Tours. **Sign up begins immediately.** (Please note that all participants are required to park in spaces furthest from the building. Please do not park overnight in handicap spots. Thank you for your cooperation.)

WE LOVE OUR VOLUNTEERS!

2016 ANOKA COUNTY OUTSTANDING SENIOR!

John Leggate won the Anoka County Outstanding Senior Award at the Anoka County Fair on Wednesday, July 27. John was nominated by the Coon Rapids Senior Center for his work with the Community Strength Foundation, the Coon Rapids Northstar Lions Club, the Coon Rapids Royalty and Pageant Committee, Coon Rapids Snowflake Days and Epiphany Church. He will represent Anoka County on Senior Day at the Minnesota State Fair on Thursday, September 1. We are fortunate to have someone who puts so much time and effort into bettering his corner of the world! Thanks, John, for making Coon Rapids a better place!



COMPENSATION PROVIDED **READING & MATH** **TUTORS NEEDED**

Tired of being retired? Be a hero to students at local schools. Become a Reading or Math Tutor! Full time and part-time tutor positions available. You'll receive training and onsite coaching to help students who are struggling to get up to grade level. You'll be paid every two weeks (up to \$544). Tutors who successfully complete a year of service will receive an education award of \$5,775 (full-time tutors) or \$2,887 (part-time). Tutors 55 or older may gift this education award to their child or grandchild. The recipient has ten years to use the award. Help kids catch up and soar on their own! Visit MinnesotaReadingCorps.org or MinnesotaMathCorps.org to learn more and apply. Call 866-859-2825 for more information or email recruitment@servemnation.org

TAMARISK is a non-profit that provides much-needed respite to caregivers at no cost. They have several volunteer opportunities available! Call Jeanne at 763-572-1950 for details!

RED CROSS BLOOD DRIVE AT THE SENIOR CENTER ON MONDAY, OCTOBER 3. Call 1-800-RED-CROSS (1-800-733-2767) for an appointment.

FEED MY STARVING CHILDREN, FRIDAY, SEPTEMBER 30 & OCTOBER 14 Pack meals for children around the world! Volunteers need to stand for two hours, although there are some sitting positions. Wear close-toed shoes. No jewelry allowed. If you are ill or have any food allergies, you are asked not to attend. Meet the group by 9:30 a.m. at their building located at 401 93rd Ave in Coon Rapids. To sign up, call Senior Services at (763)767-6473. If you need to **cancel**, please call the center.

VOLUNTEER VAN DRIVER: Interested in driving a van around Coon Rapids to bring folks to the Senior Center? Call Cindy at (763) 767-6473 for more information.

CRAFTING BEE

TUESDAY, OCTOBER 4 AT 1:00 P.M.

Can you help? We're going to work on crafts that will be sold at the November Bazaar. Supplies and instruction provided. Proceeds from the Bazaar benefit local charities. If you can help, please sign up by calling (763) 767-6473. Thanks!



LIFELONG LEARNING - CALL (763) 767-6473 TO REGISTER

Minnesota Safety Council DEFENSIVE DRIVING COURSES

Consumers 55+ years of age can receive a 10% automobile insurance discount for 3 years by attending a MN Safety Council Defensive Driving Course. Anyone taking the course for the first time must attend an 8-hour session. Others take a shorter, 4-hour refresher course every three years. Call for a reservation form. Registration and payment must be received 2 weeks prior to the class. **These classes fill up early.** Call (763) 767-6473 to register.

4-HOUR REFRESHER COURSE: \$20.00

Monday, October 3: 8:30 a.m.—12:30 p.m.

Monday, October 10: 5:30 p.m.—9:30 p.m.

Monday, October 17: 8:30 a.m.—12:30 p.m.

Monday, December 12: 8:30 a.m.—12:30 p.m.

8-HOUR COURSE: \$22.00

Mondays, Sept. 19 & 26: 5:30 p.m.—9:30 p.m.

Mondays, Oct. 24 & 31: 8:30 a.m.—12:30 p.m.

PLEASE NOTE:

Classes are also now offered on-line! Sign up at
www.minnesotasafetycouncil.org

WATERCOLOR CLASS

TUESDAYS, SEPTEMBER 6, 13, 20 & 27
1:00 P.M.—4:00 P.M.

Join instructor Helen Smith as she teaches you basic watercolor painting and techniques. No experience necessary—only your desire to learn. Paper and some materials will be provided. A supply list for other items can be picked up when you register or you can request one to be mailed to you. Cost for all four sessions is \$62.00. Does not include the cost of items on the supply list. Payment is due Thursday, September 1. A sample of the painting is on display at the Senior Center. Sign up immediately.



SEPTEMBER TEA TALK

"THE BEAUTY OF EGYPT"

WEDNESDAY, SEPT. 7 AT 1:30 P.M.

Join us as photographer Richard Kain talks about his 2006 trip to Egypt. His experience included going down the Nile, seeing Cairo, Abu Simbel, Aswan Dam, the pyramids, and many other well-known sites. He also saw the total eclipse of the sun from next to the Libyan border. The cost is \$3 payable by Wednesday, August 31. **Sign up begins immediately.**



OCTOBER TEA TALK

"OCTOPUS"

WEDNESDAY, OCT. 12 AT 1:30 P.M.

Rob Ellos touched an octopus during a night dive in Florida, and as an employee of Underwater World, explained exactly what was happening when they fed their Giant Pacific Octopus. With many props he will explain where they live, reproduce, what they eat, and how they move. He will also show how octopuses are highly intelligent, skilled, can change their pattern, color and texture to hide, and many other fascinating facts about the ocean's strangest creature. The cost is \$3 payable by Wednesday, October 3. **Sign up begins immediately.**

BOOK CLUB



Everyone is welcome to join the Book Club on the 4th Thursday of the month at 10:30 a.m. After the meeting, lunch at a local café is optional. No sign up needed.

September—The Nightingale by Kristin Hannah

October—Leave No Trace by Hannah Nyala

LIFELONG LEARNING

Sign up begins immediately by calling the Senior Center at (763) 767-6473.

“RAMPING UP TO WW II & THE INVASION OF EUROPE” ON MONDAY, SEPTEMBER 12 AT 1:00 P.M. Germany annexed Austria and Sudetenland (part of Czechoslovakia) in 1938 and then invaded Poland in 1939. They followed that up with an invasion of Western Europe in 1940. The Battle of Britain and the London Blitz followed from 1940 to 1941. Instructor: Dan Hartman. \$3 payable by Tuesday, September 6.

THE MUSEUM OF RUSSIAN ART PRESENTS “IMPERIAL FABERGE: JEWELS AND POWER” ON TUESDAY, SEPTEMBER 13 AT 10:00 A.M. The greatest jewelers of all time are most closely associated with the Romanovs, the richest emperors of all time. The end of the Romanov empire might have terminated the ability to continue producing the delicate works but not the mystique. Carol Rudie Veldman will discuss this with a power point presentation. \$3 payable by Tuesday, September 6.

GENEALOGY- “CENSUS RECORDS” ON THURSDAY, SEPTEMBER 15 AT 1:00 P.M. Look at the information gathered in census records and how you can use those as clues to finding other records. Instructor: Cathi Weber. \$5 payable by Thursday, September 8.

“TALES FROM THE TOWER PART I” ON MONDAY, SEPTEMBER 19 AT 10:00 A.M. The Tower of London is a city unto itself. For 1000 years from Royal palace to Royal prison and Royal tourist attraction, the tower has had a varied life. Some of its famous inhabitants will make for a very interesting class. Instructor: Terry Kubista. \$3 payable by Monday, September 12.

“1900 PART II” ON MONDAY, SEPTEMBER 19 AT 1:00 P.M. Continued from the July class, learn more about the popular culture including entertainment, richest people, telephones, job pay levels, cars and roads, tallest buildings, product prices and much more. Instructor: JB Andersen. \$3 payable by Monday, September 12.

“TALES FROM THE TOWER PART II” ON MONDAY, SEPTEMBER 26 AT 10:00 A.M. \$3 payable by Monday, September 19.

“MISCELLANEOUS PRESIDENTIAL HISTORY” ON MONDAYS, SEPTEMBER 26, OCTOBER 17 & OCTOBER 31 AT 1:00 P.M. Learn a variety of presidential information including women who have received third party nominations and women who have sought a major party nomination, first platforms and much more. Each class is a stand alone class. Instructor: JB Andersen. \$3 payable one week in advance of class.

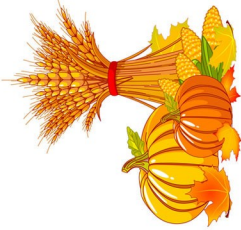
“BURGHLEY HOUSE” ON MONDAY, OCTOBER 10 AT 10:00 A.M. The home of William Cecil, the most trusted advisor to Elizabeth I makes a most interesting home to visit. Just how did her “spymaster” live? Cost of \$3 payable by Monday, October 3.

“OPERATION BARBAROSSA TO STALINGRAD” ON MONDAY, OCTOBER 10 AT 1:00 P.M. Operation Barbarossa opened up the Eastern Front, to which more forces were committed than in any other war in world history. It was the site of some of the largest battles. The Battle of Stalingrad was the major battle of WW II in which Nazi Germany and its allies fought the Soviet Union for control of the City of Stalingrad. Instructor: Dan Hartman. \$3 payable by Monday, October 3.

GENEALOGY- “LAND RECORDS” ON THURSDAY, OCTOBER 20 AT 1:00 P.M. Instructor: Cathi Weber. \$5 payable by Thursday, October 13.

“NORTH AFRICA & INVASION OF ITALY IN WWII” ON MONDAY, OCTOBER 24 AT 1:00 P.M. The North African Campaign in WWII included campaigns fought in the Libyan and Egyptian deserts (The Desert War) and in Morocco and Algeria (Operation Torch) and Tunisia. The Allied invasion of Sicily, Operation Husky, was a large amphibious and airborne operation, followed by a six-week land battle beginning of the Italian Campaign. Instructor: Dan Hartman. \$3 payable by Monday, October 17.

Mon	Tue	Wed	Thu	Fri
<div> <div>SEPTEMBER</div> <div> </div> </div>				
<div>5</div> <div> <div>CLOSED FOR THE HOLIDAY</div> </div>	<div>6</div> <div> <div>Flu Shots</div> <div>Square Dancing</div> <div>AA Meeting</div> <div>Craft Club</div> <div>Stamp Cutting</div> <div>Dining</div> <div>Bridge</div> <div>Cribbage</div> <div>Watercolor</div> <div>Technology Help</div> </div>	<div>7</div> <div> <div>Vets Coffee</div> <div>Live 2B Healthy</div> <div>Stamping Club</div> <div>Mary T. Footcare</div> <div>Dining</div> <div>500 Cards</div> <div>Bunco</div> <div>Good Neighbors</div> <div>1:00 Tea Talk</div> <div>1:30</div> </div>	<div>8</div> <div> <div>Goldentones</div> <div>Crochet & Knit</div> <div>Dining</div> <div>Pinochle</div> <div>Bingo</div> <div>Woodcarving</div> <div>Parkinsons</div> </div>	<div>9</div> <div> <div>Live 2B Healthy</div> <div>Breakfast Bunch</div> <div>Walking Club</div> <div>For Art's Sake</div> <div>Yoga</div> <div>Hand & Foot</div> <div>Holistic Healing</div> <div>Aldi's Shopping</div> </div>
<div>12</div> <div> <div>Live 2B Healthy</div> <div>Defensive Driving</div> <div>Mary T. Footcare</div> <div>Quilting</div> <div>Dining</div> <div>Bingo and Chess</div> <div>Creative Writers</div> <div>Tai Chi</div> </div>	<div>13</div> <div> <div>AA Meeting</div> <div>ACCAP Counselor</div> <div>Russia Speaker</div> <div>Craft Club</div> <div>Stamp Cutting</div> <div>Dining</div> <div>Bridge</div> <div>Cribbage</div> <div>Masterpiece Book Club</div> <div>Watercolor</div> </div>	<div>14</div> <div> <div>SAFETY CAMP</div> <div>9:30-2:30</div> </div>		<div>15</div> <div> <div>Crochet & Knit</div> <div>Over 90's Party/Dining</div> <div>Pinochle</div> <div>Bingo</div> <div>Woodcarving</div> <div>Genealogy</div> </div>
<div>19</div> <div> <div>Live 2B Healthy</div> <div>Diamond Jo's Casino</div> <div>Mary T. Footcare</div> <div>British Class</div> <div>Quilting</div> <div>Dining</div> <div>Bingo and Chess</div> <div>Creative Writers</div> <div>Year 1900 Part II</div> <div>Tai Chi</div> <div>Defensive Driving</div> </div>	<div>20</div> <div> <div>AA Meeting</div> <div>Square Dancing</div> <div>Craft Club</div> <div>Stamp Cutting</div> <div>Dining</div> <div>Bridge</div> <div>Cribbage</div> <div>Watercolor</div> </div>	<div>21</div> <div> <div>Vets Coffee</div> <div>Live 2B Healthy</div> <div>Stamping Club</div> <div>Dining</div> <div>500 Cards</div> <div>Bunco</div> <div>Good Neighbors</div> <div>Shopping/Andover Walmart</div> <div>1:00 TBA</div> </div>	<div>22</div> <div> <div>Goldentones</div> <div>Crochet & Knit</div> <div>Book Club</div> <div>Dining</div> <div>Pinochle</div> <div>Woodcarving</div> <div>Red & Friends</div> <div>**Bingo is Cancelled</div> </div>	<div>23</div> <div> <div>Faribault Trip</div> <div>Live 2B Healthy</div> <div>Tai Chi</div> <div>Walking Club</div> <div>For Art's Sake</div> <div>Yoga</div> <div>Hand & Foot</div> <div>Holistic Healing</div> </div>
<div>26</div> <div> <div>Live 2B Healthy</div> <div>Mary T. Footcare</div> <div>Quilting</div> <div>British Class</div> <div>Dining</div> <div>Bingo and Chess</div> <div>Creative Writers</div> <div>Presidential History</div> <div>Tai Chi</div> <div>Defensive Driving</div> </div>	<div>27</div> <div> <div>AA Meeting</div> <div>Hearing Speaker</div> <div>Craft Club</div> <div>Stamp Cutting</div> <div>Dining</div> <div>Bridge</div> <div>Cribbage</div> <div>Watercolor</div> </div>	<div>28</div> <div> <div>Vets Coffee</div> <div>Live 2B Healthy</div> <div>Stamping Club</div> <div>Birthday Party/Dining</div> <div>500 Cards</div> <div>Bunco</div> <div>Good Neighbors</div> </div>	<div>29</div> <div> <div>Goldentones</div> <div>Crochet & Knit</div> <div>Dining</div> <div>Pinochle</div> <div>Woodcarving</div> <div>River City Fun</div> <div>**Bingo is Cancelled</div> </div>	<div>30</div> <div> <div>Live 2B Healthy</div> <div>Feed Children</div> <div>Tai Chi</div> <div>Walking Club</div> <div>For Art's Sake</div> <div>Yoga</div> <div>Hand & Foot</div> <div>Holistic Healing</div> <div>Shopping/Riverdale</div> </div>

3	Defensive Driving Live 2B Healthy Quilting Dining Bingo Chess Creative Writers Red Cross Blood Drive Tai Chi	8:30 8:30 10:00 12:00 12:45 12:45 1:00 2:00 3:20	4 AA Meeting Square Dancing Craft Club Stamp Cutting Dining Bridge Cribbage Crafting Bee Watercolor Technology Help	9:30 9:30 10:00 10:00 12:00 12:45 1:00 1:00 1:00 2:00	5 Vets Coffee Live 2B Healthy Ho-Chunk Casino Stamping Club Mary T. Footcare Dining 500 Cards Bunco Good Neighbors Spanish Shopping/ Andover Walmart	8:30 8:30 9:00 9:00 9:00 9:00 12:00 12:45 12:45 1:00 1:00 1:00	6 Goldentones Crochet & Knit Plymouth Playhouse Dining Pinochle Bingo Woodcarving Spanish Spanish	9:15 10:00 11:00 12:00 12:30 12:45 1:00 1:00 2:15	7 Barn Quilts Live 2B Healthy Tai Chi Walking Club For Art's Sake Yoga Super Sr. Club Hand & Foot Holistic Healing	8:00 8:30 9:40 9:30 9:30 10:15 10:00 12:15 12:15
10	Live 2B Healthy Mary T. Footcare British Class Quilting Dining Bingo Chess Creative Writers WWII Class Tai Chi Defensive Driving	8:30 9:00 10:00 10:00 12:00 12:45 12:45 1:00 1:00 3:20 5:30	11 AA Meeting ACCAP Counselor Craft Club Stamp Cutting Dining Bridge Cribbage Masterpiece Book Club Watercolor	9:30 10:00 10:00 10:00 12:00 12:45 1:00 1:00 1:00	12 Vets Coffee Live 2B Healthy Stamping Club Mary T. Footcare Dining 500 Cards Bunco Good Neighbors Tea Talk	8:30 8:30 9:00 9:00 12:00 12:45 12:45 1:00 1:30	13 History Theater Goldentones Crochet & Knit Dining Pinochle Bingo Woodcarving Parkinsons	8:45 9:15 10:00 12:00 12:30 12:45 1:00 1:00	14 Live 2B Healthy Feed Children Tai Chi Walking Club For Art's Sake Raja Yoga Class Hand & Foot Shopping/Riverdale	8:30 9:30 9:40 9:30 9:30 10:00 12:15 TBA
17	Defensive Driving Live 2B Healthy Mary T. Footcare Quilting Dining Bingo Chess Creative Writers Presidential History	8:30 8:30 9:00 10:00 12:00 12:45 12:45 1:00 1:00	18 AA Meeting Square Dancing Craft Club Stamp Cutting Dining Bridge Cribbage Watercolor	9:30 9:30 10:00 10:00 12:00 12:45 1:00 1:00	19 Vets Coffee Live 2B Healthy Vikings Stadium Tour Stamping Club Dining 500 Cards Bunco Good Neighbors Spanish	8:30 8:30 9:00 9:00 12:00 12:45 12:45 1:00 1:00	20 Goldentones Jackpot Junction Crochet & Knit Dining Pinochle Bingo Woodcarving Genealogy Spanish Spanish	9:15 9:00 10:00 12:00 12:30 12:45 1:00 1:00 2:15	21 Live 2B Healthy Walking Club For Art's Sake Yoga Hand & Foot	8:30 9:30 9:30 10:15 12:15
24	Defensive Driving Live 2B Healthy Quilting Dining Bingo Chess Creative Writers WWII Class Tai Chi Out to Dinner	8:30 8:30 10:00 12:00 12:45 12:45 1:00 1:00 3:20 4:30	25 AA Meeting Craft Club Stamp Cutting Dining Bridge Cribbage Watercolor	9:30 10:00 10:00 12:00 12:45 1:00 1:00	26 Vets Coffee Live 2B Healthy Stamping Club Birthdays Party/Dining 500 Cards Bunco Good Neighbors	8:30 8:30 9:00 11:00 12:45 12:45 1:00	27 Crochet & Knit Book Club Halloween Party/Dining Pinochle Bingo Woodcarving	10:00 10:30 11:00 12:30 12:45 1:00	28 Live 2B Healthy Tai Chi Walking Club For Art's Sake Geritol Frolics Yoga Hand & Foot Shopping/Aldi's	8:30 9:40 9:30 9:30 10:15 10:15 12:15 TBA
31	Defensive Driving Live 2B Healthy Quilting Dining Bingo Chess Creative Writers Presidential History Tai Chi	8:30 8:30 10:00 12:00 12:45 12:45 1:00 1:00 3:20	<div>OCTOBER</div> <div>  </div>							

HEALTH & WELLNESS

HOLISTIC HEALING

12:15-1:45 p.m.

Instructor Mina Christensen was in a mountain climbing accident twenty years ago that left her paralyzed. Originally from Japan, she practices Holistic Healing and knows personally its benefits. She is now working on her Masters Degree in this area and, as part of her curriculum, she has generously agreed to teach these classes at our Senior Center. Learn how Holistic Healing can relieve pain, stress and make you more mindful to yourself and then to others. Techniques will be taught that are cost effective and can be done at home. A light refreshment will be served, as well. While there is no cost to attend, please make a reservation by calling the Senior Center at (763) 767-6473. Attend one or all of the sessions and learn natural techniques to improve your health and wellness.

Friday, September 9: Reiki (healing yourself and others by using universal energy)

Friday, September 16: Mindfulness Meditation

Friday, September 23: Healthy Food

Friday, September 30: Shiatsu Massage
(Japanese finger pressure massage)

Friday, October 7: Harmonize mind, body and spirit with Tai Chi and Yoga

RAJA YOGA WORKSHOP

**FOR BODY & MIND & SPIRIT
FRIDAY, OCTOBER 14**

10:00 a.m.—1:00 p.m.

Raja Yoga is a system of holistic health practices that integrate the well being of the individual. Its processes, tested and tried over two thousand years, work with the physical and subtle energies of the body and provide practical ways of integrating the body, mind and spirit. This workshop will take you through simple body movements, breath-energy processes, techniques of meditation and deep relaxation. You will learn specific techniques to:

- Relieve and manage physical pain.
- Boost your immune system.
- Reduce hypertension and stress.
- Manage diabetes, asthma, allergies, and arthritis.
- Energize your body, mind and spirit
- Learn to relax and rejuvenate and revitalize!

Presenter Gita Kar conducts workshops and seminars nationwide. Cost is \$5.00 and includes hand outs and healthy snacks. Please call (763) 767-6473 to register. Payment needs to be made one week in advance.

FLU & PNEUMONIA SHOTS

TUESDAY, SEPTEMBER 6

AT THE SENIOR CENTER

It's that time of year again! Cub pharmacists will be providing flu and pneumonia shots by appointment (starting at 9:00 a.m.) at the Coon Rapids Senior Center. They will have both the high dose and standard flu shots available, as well as both the Pneumovax and Prevnar pneumonia vaccines. The cost of a flu shot is \$29.99 unless covered by insurance. There is no charge for a flu shot or pneumonia vaccine if you have traditional Medicare Part B, a Railroad Medicare Card or other selected Medicare HMO plans. Make an appointment soon by calling the Senior Center at (763) 767-6473. Don't forget to bring your insurance info to the appointment. Walk-ins are also welcome.

HEALTH & WELLNESS

TAI CHI

Shibashi Tai Chi means 18 movements. Learn about these gentle stretch movements that will help relieve stress, gain balance and flexibility, and connect your breath to the flowing movement. Wear comfortable clothes and shoes. Instructed by Karine Platt. Sign up begins immediately. Call (763) 767-6473. Classes are designed for both beginners and more advanced students. Pay at first session.

MONDAY CLASS AT 3:20 P.M.

Sept. 12, 19, 26 & Oct. 3, 10, 24, & 31
\$44.00

FRIDAY CLASS AT 9:40 A.M.

Sept. 16, 23, 30 & Oct. 7, 14 & 28
\$38.00



LIVE 2B HEALTHY Fitness Class

Mondays, Wednesdays & Fridays
8:30-9:30 a.m.
FIRST SESSION FREE!

Improve flexibility and balance while increasing muscular endurance. Led by a certified instructor. Classes are \$35.00 per month. No cost to "SilverSneakers" or "Silver and Fit" members. Accepts most Blue Cross Blue Shield, Medical and Health Partner Plans. First session free. Bring insurance card to determine if you will get a discount in the future.

HEARING AIDS SPEAKER

TUES. SEPT., 27 AT 10:00 A.M.

Join us for a fun and informative discussion on affordable hearing aids, tips, use, and care led by a *HealthInnovations* hearing expert. Bring a friend and/or family member to the seminar to get the most benefit! No cost to attend, but please register by calling (763) 767-6473.

FOOTCARE SERVICES

Mary T. Home Health provides foot care services each month at the Senior Center. This includes a foot soak, nail trim and care of corns and calluses by a nurse. Appointments can be made by calling the Coon Rapids Senior Center at (763) 767-6473. The cost is **\$22.00** and is payable to *Mary T. Inc.* at the time of the appointment. **Bring your own towel.**

WALKING CLUB!

The group will meet at the Coon Rapids Senior Center at 9:30 a.m. on Fridays and walk 1.5-3 miles (depending on the trail and the participants.) Feel free to call Volunteer Leader Beverly at (763) 571-7502 for more details.

PARKINSON'S SUPPORT GROUP

COON RAPIDS SENIOR CENTER

THURSDAY, SEPTEMBER 8 AT 1:00 P.M.: DRIVING & PARKINSON'S DISEASE. Guest Speaker Kathy Woods Rakowczyk, Driver Assessment & Training Services, Courage Kenny Rehabilitation Services.

THURSDAY, OCTOBER 13 AT 1:00 P.M.: AN EXPERIENTIAL INTRODUCTION TO MUSIC THERAPY. Guest Speaker Melissa Spiess, M.M, MT-BC, Neurologica Music Therapy Fellow

Everyone Welcome. Coffee Provided. Drawings.

Questions? Feel free to contact Facilitator Milo Hartmann (763) 755-2175.

SERVICES AT THE SENIOR CENTER

OUTREACH SERVICE: Patty Marz, with the Anoka County Community Action Program (ACCAP) has office hours at the Coon Rapids Senior Center on the 2nd Tuesday of each month between 10:00 a.m. and Noon. She can connect seniors with resources in the community such as assistance for food support, housing, health care programs, energy assistance and more. Contact Patty at 763-783-4741.

AA MEETINGS: People of all ages welcome to attend on Tuesdays at 9:30 a.m., at the Senior Center.

CHORES & MORE: We are taking names for fall clean up and help with snow removal. We have made a few changes to our program. We now have a sliding fee scale for services based on monthly income, and you pay the program monthly instead of paying the worker at the time of service. We help with house-keeping, grocery shopping, seasonal outdoor chores, and minor home repairs for adults over the age of 60. We do have subsidy for those in need. This is based on income qualifications. We are currently looking for independent contractors, and volunteer groups. Contact us at 763-783-4767 or email nshaw@accap.org. Funding support is provided by: Metropolitan Area Agency on Aging, Inc. as part of the "Older American Act", Anoka County, ACCAP, and Private & Public Donations. Office at Blaine's Human Service Building.

COUNSELING: Experiencing sadness or worry? Feeling overwhelmed with stress? Talking with someone who specializes in older adult issues can be helpful in addressing life's challenges such as the death of a loved one, health problems, or a recent move. A therapist (from Volunteers of America—MN Senior Mental Health Services), specialize in helping adults, 55 and older, navigate life's challenges through age-specific mental health counseling. Services are covered by Medicare, Medical Assistance, and most major health insurance plans. For more info or to make an appointment, please call (763) 225-4054 or check us out at www.voamnwi.org/senior-mental-health. Appointments held at the Senior Center.

CAN ALEXANDRA HOUSE HELP YOU? A representative from Alexandra House will be available at the Coon Rapids Senior Center on the 2nd Wednesday of each month, from 1:00-3:00 p.m.. Feel free to stop in and learn about volunteer opportunities or for ways in which they can help you. Alexandra House offers client-centered advocacy services specifically for adults 50 and over who are experiencing verbal, financial, physical, and mental abuse, and/or neglect.

HEALTH INSURANCE COUNSELING: Get help with Medicare questions, choosing or changing supplemental carriers, prescription drug cost options, Medicare billing questions, and more! To schedule a free individual appointment, please call the Senior Linkage Line at 1-800-333-2433. The insurance counselor will meet you at the Senior Center. This program is not associated with any insurance company and is made possible by the Metropolitan Area Agency on Aging and the Senior Linkage Line.

GROCERY SHOPPING TRIPS: Take the Coon Rapids Senior Center Bus shopping. You can shop for 75 minutes. The cost is \$3 round trip. Reservations need to be made at least **two days** in advance by calling Cindy at (763) 767-6473. See calendar for dates and stores.

FREE ONE-ON-ONE TECHNOLOGY HELP: Library staff will be on hand at the Coon Rapids Senior Center to answer questions and provide support and guidance with technology-related issues. Sign up for a free, one-to-one, thirty-minute afternoon appointment and get help with setting up an email account, downloading library eBooks, using Word, Excel or PowerPoint, using Social Media, and more. If we can't answer a question, we'll find resources or organizations that can! First Tuesday of the month.

TRANSPORTATION: Did you know that we have bus transportation to and from the Senior Center for Coon Rapids residents? The suggested donation is 75 cents each way. Please call Cindy at (763) 767-6473 to make an advance reservation or if you would like more information!

SUPER SENIOR CLUB

LETTER FROM THE PRESIDENT

Greetings from the shores of beautiful Shell Lake, Wisconsin. I am so blessed to spend three weeks here this year with family and friends. Where did the summer go? I hope you are enjoying these nice days.

The Super Senior Club had their annual free picnic for dues-paying members on Friday, August 5th. The delicious food was enjoyed by all. It was followed by many games of Bingo with cash payouts. A huge thank you to all who helped make this a huge success. I hope all of you seniors "55 and over" will make a decision to join The Super Senior Club this year. We meet monthly on the 1st Friday and we always end with coffee and baked treats to enjoy as we visit. Our brochure is available in the rack. The Gift Shop and the Fall Bazaar are sponsored by the Super Senior Club and volunteers help to make them both huge successes. The money that we make is donated to many local organizations for worthy causes. This amounts to several thousand dollars a year given out. We are most proud of the two \$1,000.00 scholarships given to two seniors from Coon Rapids High School each year. I can't begin to tell you the "feeling of satisfaction" we get knowing how much we are helping those who need help the most. We are a 501C3 non-profit organization.

We can't help but notice all the work that is being done at our Senior Center. The walls of the gift shop have been wall-papered and look so nice. The city also found a vendor who could make some needed repairs to our display cases. We are so grateful for that. A new floor was put into the craft room. A great group of crafters meet in there every Tuesday morning to make handmade items of all kinds that we sell in the gift shop. They are always looking for new people to join them. Stop in and see what they do! In conjunction with all the improvements going on at the Senior Center, we decided it was a good time to have a gift shop sale! We had a 50% off sale and sold \$548.00 in May and almost \$400.00 in June. Thank you to all who helped with this big project. Do keep us in mind when going through your unwanted treasures and bring them to us to sell.

Our next meeting will be Friday, September 2nd at 10:00 a.m. with entertainment. There will be a Bazaar meeting at 9:00 a.m. that same morning. We hope to see you there.

~Bernice~



SUPER SENIOR CLUB
BAZAAR & FLEA MARKET
THURSDAY, NOVEMBER 3
9:00 A.M.—3:00 P.M.
CRAFTS—REFRESHMENTS -RAFFLES
BAKE SALE—FLEA MARKET & MORE!

DONATIONS FOR THE FLEA MARKET
ARE BEING ACCEPTED AFTER OCTOBER 3.
NO CLOTHING OR ELECTRONICS, PLEASE.

COMMUNITY CORNER

SENIOR DANCES/LIVE MUSIC: Coon Rapids American Legion, 11640 Crooked Lake Blvd from 1:00-4:00. 2nd Wednesdays. Call 421-6260 for more information.

TAKE NOTE

Notes From The Goldentones

If you love to sing and love to bring joy to others, please consider joining the Goldentones Choir. They will resume their rehearsals on Thursday, September 8 at 9:15 a.m. This group of seniors performs at nursing homes, senior apartments, assisted living facilities and the Senior Center. New members are always welcome!

FREE SPANISH CLASSES

1st & 3rd Thursdays at 1:00—Second Year Class
1st & 3rd Thursdays at 2:15—New Beginner Class
1st & 3rd Wednesdays at 1:00—Spanish Club
All classes begin the first week in October!
No cost to attend. No reservation needed.

COLORING FUN!

FRIDAYS AT 9:30

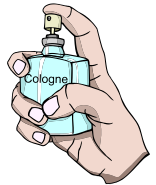
Adult coloring is the latest trend, providing relaxation, healthy benefits and FUN! No need to sign up. Just come. Materials will be provided to get you started. No fee.

SPECIAL THANKS

To everyone who donated cans of coffee to the Senior Center. Also, thanks to the gardeners who brought in so many wonderful fruits and vegetables. We appreciate your generosity!

SCENT FREE ZONE

When visiting the Senior Center, please keep in mind that some people are sensitive (and even have allergies) to perfumes and scented products. Thank you!



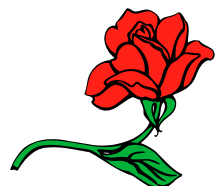
VETS COFFEE



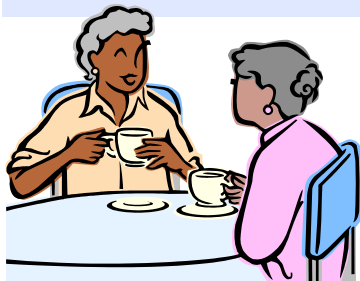
Come join other Vets for coffee, snacks, conversation and visiting. Every Wednesday morning at 8:00 a.m. All Vets Welcome! Thanks to Cherrywood Assisted Living of Andover (2nd Wednesdays), Debbie Riddell and Marge Rosendahl (3rd Wednesdays) and River North (4th Wednesdays) for sponsoring refreshments.

IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of those who passed away recently including Glen Barkus, Erma Elton, Ralph Krause, Howard Olson, Barb Reil, Bonita Satzinger, Helen Swaim and Buster Talbot.



VOLUNTEERS OF AMERICA SENIOR DINING



OPEN: 9:00 A.M.—1:00 P.M. MONDAY—THURSDAY

LUNCH SERVED AT: 12:00 NOON

SUGGESTED DONATION: \$4.00 (with NAPIS form on file)

(Under 60 years old is \$7.00)

CALL: (763) 767-6524 by noon, **AT LEAST** three business days in advance, (does not include Fridays) for a reservation.

Current NAPIS form must be on file to participate.

BIRTHDAY CELEBRATIONS

Join us for live entertainment starting at 11:00 a.m. Then enjoy a delicious meal including Birthday Cake with Ice Cream. Yummy! Our Birthday guests will get to put their name in a drawing too. Thanks to Culvers of Coon Rapids, Kemps, Land O' Lakes and the Coon Rapids Super Senior Club for donating prizes. Suggested donation for this event is \$4.00 and can be paid upon arrival! **Everyone** is welcome to join us by making a reservation at least three business days in advance by noon by calling (763) 767-6524. Don't miss out on the fun!

WEDNESDAY, SEPTEMBER 28

ART O'HOTTO: CONCERTINA

Register no later than noon on Thursday, September 22

WEDNESDAY, OCTOBER 26

MANNY CORTEZ: GUITAR

Register no later than noon on Thursday, October 20

OVER 90'S CELEBRATION

THURSDAY, SEPTEMBER 15

Everyone is welcome to join us for a special celebration for our friends who are 90 years of age or more! The program begins at 11:00 a.m., with some old-time favorites by the Goldentones Choir and a special recognition of those "Over 90"! At noon, we'll share in a delicious dinner. If you are over 90 years of age, please let us know at the time of your meal registration, so you can be involved in our special recognition. Make your reservation by calling (763) 767-6524 before noon on MONDAY, September 12. Cost for everyone over 60 years of age is \$4.00 and can be paid on the day of the event.

**Menus are available
in the brochure rack next to the
Senior Center information counter!**

SPOOK-TACULAR HALLOWEEN PARTY

THURSDAY, OCTOBER 27

The Goldentones will scare up some howling good fun with their spooky music at 11:00 a.m. Then we'll serve a noon meal (menu to be announced). If you wear a costume, you get your name in a drawing for a Cub Gift Card! Make your reservation by calling (763) 767-6524 before noon on Monday, October 24. Cost for everyone over 60 years of age is \$4.00 and can be paid on the day of the event.





11155 Robinson Drive
Coon Rapids, MN 55433-3761

ADDRESS SERVICE REQUESTED

**Need to be removed from
our Mailing List? Call us
at (763) 767-6473.**

COON RAPIDS SENIOR SERVICES: (763) 767-6473

ACTIVITIES FOR SENIORS AGE 55+

OFFICE HOURS: MONDAY-FRIDAY 8:00 A.M.—4:30 P.M.

PROGRAM SPECIALIST — KRIS NIEBLER (763) 767-6473

PROGRAM ASSISTANT — CINDY OLSON (763) 767-6473

SENIOR DINING PROGRAM — BETTY FOUST (763) 767-6524

FACILITY RENTAL — LORI ANDERSON (763) 767-6522

Coon Rapids Senior Services is made possible through the continued support of the City of Coon Rapids.

CONCERT AT THE SENIOR CENTER

RED & FRIENDS

THURSDAY, SEPTEMBER 22

Tap your toes to the good, old-fashioned country music of Red Johnson and his band. Red has been inducted into the MN Country Western Hall of Fame and has a classic country style that makes him one of our favorite entertainers. Doors open at 1:00 p.m. and the show starts at 1:30 p.m. Cost is \$6.00 and includes the concert and refreshments and is due Thursday, September 15. **Sign up begins immediately** and can be done in person or by calling the Coon Rapids Senior Center at (763) 767-6473. Sponsored by Volunteers of America's The Homestead at Anoka.

